

DRINK A GLASS OF REAL HOT WATER BEFORE BREAKFAST.

Says we will both look and feel
clean, sweet and fresh
and avoid illness.

Sanitary science has of late made rapid strides with results that are of untold blessing to humanity. The latest application of its untiring research is the recommendation that it is as necessary to attend to internal sanitation of the drainage system of the human body as it is to the drains of the house.

Those of us who are accustomed to feel dull and heavy when we arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the phosphate hot water is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, rheumatic stiffness; others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store. This will cost very little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.

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MORGAN BLDG., PORTLAND, OR.

WHEAT MARKET SHOWS WEAKNESS

PORTLAND, Sept. 12.—Weakness was generally shown and lower prices forced for wheat in outside markets during the early day's trading. At Chicago the early market was generally lower. Spots at Liverpool were down and at London cargoes on passage were quoted down.

Locally the market is not so active, although bidding is still aggressive. The cash situation in the east is still good despite the lower prices forced for options.

Barley market is very firm in the interior with perhaps 80 per cent of the crop already out of farmers' hands. Oats market at interior points is firm, but not very active.

Flour market is firmer. At \$8.40, prevailing price for northwest patent, the market is really on a much lower basis than the price of wheat. For that reason some efforts are being made to force an additional 25c rise and this is likely to occur within a day or so.

Both bran and shorts are moving out better than expected.

Broomhall cabled the Liverpool spot wheat was 2 3/4d lower. At London cargoes on passage were 4d lower. Total shipment from North America: Wheat 8,036,000 bushels; corn 1,228,000 bushels; oats 1,494,000 bushels.

United Kingdom—Shipments to the United Kingdom last week showed a material increase, being 6,800,000 bushels, largely from America.

Flour—Selling price: Patent \$8.40; Willamette valley, \$8; local straight, \$8.20; bakers local, \$8.20; Montana spring wheat, \$7.50; exports \$5.10; whole wheat \$6.20; grain, \$6.20; rye flour, \$6.40 per barrel.

Hay—Buying price, new crop: Willamette valley timothy, fancy, \$14.40; 15; eastern Oregon-Idaho fancy timothy, \$13.50; alfalfa, \$14.50; valley vetch, \$12; cheat, \$11.50; clover, \$10.10 ton.

Grain Sacks—1916 nominal: No. 1 Calcuttas, 11 1/4@11 3/8 in carlots; less amounts are higher.

Millstuffs—Selling price: Bran, \$23; shorts, \$25 per ton.

Rolls Oats—\$7.25 per barrel.

Wheat bids on the Portland Merchants Exchange reached new high records of the season during the day, when bluestem went to \$1.37. The Chicago market gained strength after the early weakness, and closed with a gain, and this aided the trade here. Advances on the Portland Merchants Exchange were 1 to 4c a bushel, with the exception of red flint, which was unchanged. September oats bids were up 50c a

ton while barley was down an equal sum.

There was a steeper to firmer tone in the cattle market generally at North Portland during the day. Real good stuff continues scarce in the steer division, and prices there are not hitting the high mark because of the lack of quality in that line. For cows, however, the feeling was keen for good stuff, and some extra choice offerings went at \$5.40, or 15c above the previous mark, while heifers sold as high as \$5.85. Considering quality, steers sold 25c above last week.

The trade here is still talking about the remarkable quality of the six loads of cattle sent here from Newberg by Smith Bros. These animals, which were superior to anything heretofore marketed here, outside of the strictly show stuff, were sold to Barton & Co., of Seattle, who have been liberal buyers in the Portland market. These steers are said to compare very favorably with anything sold on the eastern markets.

General cattle market range:
Prime light steers \$6.00@6.75
Prime heavy steers 7.00@7.15
Good light steers 6.00@6.25
Stockers and feeders 5.00@5.75
Prime deboned cows and heifers 5.80
Common cows 4.00@5.00
Bulls 3.50@4.50
Prime light veal calves 7.00@7.50
Prime heavy veal calves 4.00@6.00

Hogs a Shade Easier.
While the run of hogs at North Portland over Sunday did not reach the extreme figures of last Monday, still there was a rather liberal showing of supplies. Sales were made as high as \$9.50 for tops during the early day's trading, although the bulk of the stock sold around \$9.00@9.75 for good stuff.

General hog market:
Choice light weights \$9.70@9.80
Good light weights 9.50@9.60
Medium weights 9.00@9.40
Rough heavy 8.50@8.75

Sheep Continue Strong.
Over Sunday there was only a small supply of mutton and lambs reported in the local yards, and the bulk of these came direct to local killers.

General situation in the mutton and lamb trade at North Portland is very strong, with prices nominally unchanged.

General mutton and lamb market:
Select spring lambs \$8.25@8.35
Ordinary lambs 7.50@7.75
Best yearlings 8.25@8.50
Good to common weathers 5.75@6.00
Best ewes 5.00@5.25
Heavy common ewes 3.50@4.00

"LITTLE COMRADE"
is a term complimentary to any wife; but how few now-a-days deserve the compliment! If ill-health prevents women should remember that there is one tried and true remedy for their ailments, that is Lydia E. Pinkham's Vegetable Compound. This medicine made from roots and herbs has for forty years been alleviating the suffering of women, making them healthy and strong, and better wives and mothers.—Adv.

BRIDE AIDS DETECTIVES IN HUSBAND'S ARREST

PHILADELPHIA, Sept. 9.—Through the disclosure of a young woman who says she married on Aug. 6 a man now awaiting trial on a charge of attempted burglary, city hall detectives today said they had discovered the perpetrator of more than a dozen robberies and recovered between \$5000 and \$7000 of plunder.

The man awaiting trial, Frank Mulligan, alias Baker, today admitted, the police say, that his bride's story was true. The bride brought to city hall a suit case filled with jewelry, and two other suit cases, also filled with jewelry, were recovered by the detectives at the address Mrs. Mulligan gave. She said Mulligan had led her to believe the jewelry had been left him by a wealthy relative. Confronted with his bride's charges and the jewelry, Mulligan confessed.

IN UNIVERSITY AT 14



THEODORE STEINMANN

Theodore Steinmann, fourteen-year-old son of Alfred Steinmann, a merchant of San Diego, Cal., has registered as a student in the University of California. He is the youngest pupil ever to apply for admittance. He has fifty-six entrance units to his credit. The requirement is only forty-five. He attended grammar schools of San Diego up to the sixth grade and then entered the San Diego Army and Navy Academy. When Steinmann completes his seven year medical course he will be twenty-one years old a graduate physician at the age of the average junior class student at Berkeley.

PRESIDENT ATTACKED BY HIS COUSIN IN PIERY PULPIT TALK

Reverend S. H. Woodrow Says Recent
Railroad Strike Settlement Should
Alarm Every Thoughtful Citizen.

ST. LOUIS, Sept. 11.—The Reverend S. H. Woodrow, the president's cousin, attacked Wilson from the pulpit of the Pilgrim Congregational church. He said the recent railroad strike settlement should alarm every thoughtful citizen and believer in free government.

"The most pitiable exhibition was the president and congress, frightened into a blue funk by the demands of a small portion of our citizenship. It would have been better for the people to go on short rations. There are worse things than going hungry."

State of Ohio, City of Toledo, Lucas County, ss.
Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH CURE. FRANK J. CHENEY.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886. A. W. GLEASON, Notary Public.

Hall's Catarrh Cure is taken internally and acts through the Blood on the Mucous Surfaces of the System. Send for test, reliable, free.

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Washington, D. C., Oct. 6, 1915.

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By C. S. Hamlin, Governor.

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